

Size of Tumors Found by

## Mammography & Breast Self-Exam

Average-size lump found by  
getting regular mammograms.



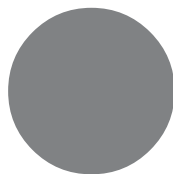
Average-size lump found by  
first mammogram.



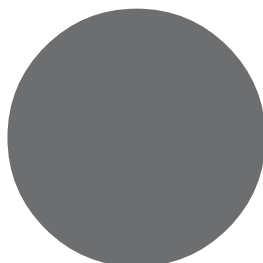
Average-size lump found by  
women practicing regular  
breast self-exam.



Average-size lump found  
by women practicing  
occasional breast  
self-exam.



Average-size lump found  
by women untrained in  
breast self-exam.



Source: *The Breast Health Program  
of New York*

### Show Me Healthy Women

[www.dhss.mo.gov/BreastCervCancer](http://www.dhss.mo.gov/BreastCervCancer)

The Show Me Healthy Women program is a joint program of the Missouri Department of Health and Senior Services and the Centers for Disease Control and Prevention, Grant Agreement #5U58DP000820-03. Alternative forms of this publication for persons with disabilities may be obtained by contacting Missouri Department of Health and Senior Services' Show Me Healthy Women program at 573-522-2845.

Hearing impaired citizens telephone 1-800-735-2966. VOICE 1-800-735-2466.  
AN EQUAL OPPORTUNITY/AFFIRMATIVE ACTION EMPLOYER.  
Services are provided on a nondiscriminatory basis.

Revised 07/09

Missouri Department of Health and Senior Services  
Division of Community and Public Health  
Bureau of Cancer and Chronic Disease Control  
**Show Me Healthy Women**   
920 Wildwood, P.O. Box 570  
Jefferson City, MO 65102-0570

Place  
Stamp  
Here



Increase Breast Cancer Awareness and Early Detection with a Missouri Women's Council *Pink License Plate*.  
Web address: [www.womenscouncil.org](http://www.womenscouncil.org) Phone: (573) 751-0810

# Free MAMMOGRAMS & PAP TESTS

*We deserve to live the  
longest, healthiest  
life possible...*



*and you do too!*  
*Live Like Your Life Depends On It*

# Show Me Healthy Women and WISEWOMAN

Thousands of Missouri women are eligible for a FREE Mammogram and Pap Test.

**Are you one of them?**



***Mammography can detect some breast cancer about two years before physical symptoms develop.***

***Half of the women diagnosed with cervical cancer are between the ages of 35 and 55.***

You may qualify if you meet the age and income requirements. WISEWOMAN heart health screening and education are also available through many providers.

Free transportation available.

Free exams listed below are available through Missouri's Show Me Healthy Women program.

Women **age 50 to 64 - or older if not covered by Medicare Part B** - may be eligible for free:

- Pap tests and pelvic exams.
- Clinical breast exams.
- Mammograms and diagnostic services.

Women **age 35 to 49** may be eligible for free:

- Pap tests, pelvic exams and clinical breast exams.
- Diagnostic services for breast or cervical screenings that are suspicious for cancer.

Women **age 35 to 64 - or older if not covered by Medicare Part B** - may be eligible for free: (In limited areas)

- Cardiovascular tests: blood pressure checkups and diabetes and cholesterol tests.
- Lifestyle management counseling.

Free treatment for breast or cervical cancer through a special Medicaid, Breast and Cervical Cancer Treatment (BCCT) program, may be available to Show Me Healthy Women clients who are diagnosed with cancer through a program provider.

*(Treatment through BCCT must be received in state of residence and is not available to women who are not U.S. citizens.)*



Call now for the name of the closest facility that provides Show Me Healthy Women breast and cervical cancer screenings and heart health risk screenings.

***Contact a cancer information specialist and make an appointment with Show Me Healthy Women. National Cancer Institute's Cancer Information Service 1-800-4-CANCER (1-800-422-6237, press option "1")***

***Show Me Healthy Women 573-522-2845***

***[www.dhss.mo.gov/BreastCervCancer](http://www.dhss.mo.gov/BreastCervCancer)***